

Bugs on a Log



Ingredients

"Logs"

- 1 celery stalk (cut into 3 pieces)
- apple slices
- carrot, raw (sliced into 3 inch pieces)

Spread

- 1 tablespoon cream cheese, low-fat

"Bugs"

- 1 tablespoon raisins (regular or golden)
- unsweetened whole grain cereal
- peanuts (chopped)

Directions

1. Choose one "log" option and top with a spread.
2. Sprinkle with a "bug."